

NEWS

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CDHD PREPARES FOR FLU SEASON

The Central District Health Department (CDHD) is preparing for influenza season by offering a pair of flu clinics in Mountain Home. The Centers for Disease Control and Prevention (CDC) expects there to be an ample supply of flu vaccine this year. Central District Health will have more than 11,000 doses of flu vaccine available, up slightly from last year.

The Central District Health Department at 520 East 8th North, Mountain Home, will offer the first flu clinic – the BOO Flu Clinic - on Halloween, Tuesday October 31st from 9:00 a.m. to 4:00 p.m. Appointments will be necessary, so please call 587-4407 to set yours today. The cost of the flu vaccine is \$22. Flu and pneumonia vaccinations can also be made by appointment. Call 587-4407 for more information.

In addition to the BOO Flu clinic there will be a special “Vote and Vaccinate” clinic on Election Day November 7th. The “Vote and Vaccinate” clinic will be held at the Mountain Home Senior Center, 1000 North 3rd East, from 9:00 a.m. to 4:00 p.m.

The Centers for Disease Control and Prevention (CDC) is recommending that people in the following priority groups get a flu vaccination:

- Persons 65 and older with medical conditions and all nursing home residents
- Persons 2-64 years old with high risk conditions
- Children 6-59 months of age

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Flu Season – Add One

- Contacts of all other high risk persons
- Healthy persons 50-64 years of age
- Healthy persons 2-49 years of age (anyone wanting to prevent getting the flu)

It is also recommended that elderly citizens (65 and older) get the pneumonia vaccine, which is also available at CDHD for \$46.

Flu season is also a time to remember the common sense things everyone can do to prevent illness, whether from the flu or a cold:

- Use proper hand washing techniques, especially before eating or after being out in public;
- Stay home from work or school if you are sick;
- Cover your mouth if you are sniffing, sneezing or coughing;
- Do not share eating utensils, drinking glasses, towels or other personal items;
- Refrain from visiting a nursing home if you have a cough or respiratory illness;
- Avoid people who may be sneezing or coughing. After visiting public places, avoid touching your eyes, nose or mouth until you have washed your hands; and
- Get plenty of rest, exercise and eat healthy foods.

For more information on the flu, clinic hours or other health-related topics visit the Central District Health Department website at www.cdhd.idaho.gov or call 208-587-4407.

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